

*Candidate's Name:* \_\_\_\_\_ *Phone #:* \_\_\_\_\_

*Catechist's Name:* \_\_\_\_\_ *Room #:* \_\_\_\_\_

*Grade 7*  
*WORKBOOK*  
*CALLED TO WITNESS*



*LIVING THE SACRAMENTAL COMMITMENT*

*Confirmation Preparation Process*

*St. Edward Confessor Parish, Syosset, New York*

# *Living the Sacramental Commitment*

Dear Confirmation Candidates, Parents and Sponsors:

*May the grace and peace of God our Father,  
the Love of Jesus his Son  
and the communion of the Holy Spirit  
be with you on your journey.*

Welcome to **LIVING THE SACRAMENTAL COMMITMENT**, the Confirmation preparation process for St. Edward Confessor parish. Note that **process** is defined as an action going forward; perhaps in that spirit we may substitute another word **journey**. **Process or Journey** is a forward movement of a person that brings him/her closer to their destiny, their goal. The *Catechism of the Catholic Church* (1309) explains that preparation for Confirmation should aim at leading the Christian toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit.

The concept of **Process or Journey** is a powerful one for people of faith because the act of process, the very Journey in and of itself, becomes our point of encounter with God. The **Process or Journey** offers us new experiences, teaches us new insights, and introduces us to new people who we discover are fellow travelers on the journey with us. This Journey brings us closer to God and His Church through study and practice of the Catholic faith.

*Every Journey involves planning and mapping out a course. We would like to suggest a spiritual pre-planning activity, in which the Confirmation candidate, along with your family and/or sponsor, read and reflect on the following Scripture passages:*

***from the book of Genesis, Chapter 12 verses 1-9, the calling of Abram.***

***from the Gospel of John, Chapter 1 verses 35-42, the calling of the first disciples.***

You are embarking on something bold! So before you begin, take the time to pray and reflect upon the process, the Journey, that you are about to undertake. In prayer, ask the Holy Spirit to be your guide and strength throughout your Journey.

These workbooks will be your guide to understanding the life commitment you make to Jesus and the Roman Catholic Church in the reception of the Sacrament of Confirmation. They will help you to expand your knowledge and understanding of faith in God. They will also give you the opportunity to put into practice all that you have learned on your Journey.

Your workbook will be checked during the year. This will assist us in monitoring your work and will give you an opportunity to show your interest in deepening your commitment to Jesus and the Roman Catholic Church. These workbooks should not be looked at as tasks to get done, but rather, as milestones on a Faith Journey that will lead you to the celebration of the Sacrament of Confirmation.

Know that the parish community of St. Edward will be praying for you during your Faith Journey.

May the Holy Spirit enlighten your mind and open your heart.



# *Living the Sacramental Commitment*

## *Confirmation Preparation Process*

### *Guidelines and Expectations*

Each Confirmation candidate enrolled in St. Edward Confessor Confirmation Preparation Process will receive the following workbooks:

***Grade 7 – Confirmation Level One: CALLED TO WITNESS***

***Grade 8 - Confirmation Level Two: ALIVE IN OUR FAITH***

The workbooks are designed to work with the classroom instruction presented by your catechist. Therefore, the workbook ***CALLED TO WITNESS*** will be presented to each Confirmation Candidate in the fall of the year that he/she enters the preparation process (generally Grade 7). The workbook ***ALIVE IN OUR FAITH*** will be presented to the candidate upon completion of the ***CALLED TO WITNESS*** workbook but no earlier than the second fall season of the Confirmation Journey.

The format of these workbooks consists of various projects, to be completed by the candidate. Certain projects will have specific dates and/or time frames attached to them.

Each project is explained in detail throughout the workbook. Read through it all and plan out your Journey. During the year you will be asked to hand in your workbook to your catechist. A staff member will go through your workbook and mark off your completed projects and return the workbook to you. Please see page 5 for review dates and project schedule.

It is our hope that candidates, their parents and their sponsor will work together on projects contained in these workbooks.

## ***THE SACRAMENT OF RECONCILIATION***

The Sacrament of Reconciliation (Penance/Confession) is one of the few sacraments that we can receive more than once in our lifetime. It is a wonderful experience of God's mercy and love for each of us. Many young people who receive this sacrament say that it lifts the burdens of their hearts.

It is important for all Catholics to participate in this sacrament regularly. Jesus told his apostles, "Whose sins you shall forgive they are forgiven . . ." This established the apostles, and today, priests, as the representatives within the Christian family invested with the power of forgiving sins in Jesus's name.

### **Our parish celebrates the Sacrament of Reconciliation (Penance/Confession)**

Saturday afternoon from 12:30 pm to 1:30 pm in the church **OR** other special occasions during the Church year, for example during a Parish Mission, before Christmas, and during Holy Week.

Each Confirmation candidate is ***expected*** to celebrate this great sacrament of God's healing forgiveness and love in the course of his/her Journey of preparation. Advent and Lent are good times to seek God's forgiveness through the sacrament of Reconciliation/Penance.

## ***THE EUCHARIST – SUNDAY MASS***

Eucharist (Holy Communion) is another sacrament that we receive more than once in our lifetime. At the Last Supper Jesus changed the bread and wine into His own Body and Blood. He told the disciples to "Do this in remembrance of me." That is what we do when we come to church on Sunday to celebrate Mass. We are doing what Jesus asked us to do.

On Sunday, we gather together as the Body of Christ, believing in the true presence of Jesus who continues to teach and guide us through the Liturgy of the Word and enliven us through our reception of His Body and Blood during the Liturgy of the Eucharist. It is one of the precepts of the Catholic Church that all Catholics attend Mass on Sundays and other Holy Days of Obligation.

Therefore, all candidates for the Sacrament of Confirmation are ***expected to be regularly attending and participating in the Sunday gathering of the disciples – the Eucharist (Mass)***.

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## ***REVIEW of the WORKBOOKS***

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*To be reviewed by the Director of Religious Education or Staff Members.*  
In order to move to the next level of the Confirmation preparation process, *all* Workbooks must be completed and submitted to the Director of Religious Education no later than **May 6, 2012.**

### ***Table of Contents***

#### ***Projects***

#### ***To be completed by:***

- |                             |  |   |
|-----------------------------|--|---|
| <input type="checkbox"/> #1 | Your Baptism History<br>(pages 6-7)  | December 15, 2011                       |
| <input type="checkbox"/> #2 | Attend a Baptism celebration<br>(page 8)   | Any review date<br><b>(don't delay)</b> |
| <input type="checkbox"/> #3 | Reflection on St. Edward Confessor<br>(page 9)   | October 20, 2011                        |
| <input type="checkbox"/> #4 | Prayer Experience<br>(page 10)   | Any review date<br><b>(don't delay)</b> |
| <input type="checkbox"/> #5 | Reconciliation Reflection<br>(page 11)   | Any Review Date                         |
| <input type="checkbox"/> #6 | Service / Ministry<br>(pages 12-13)  | May 3, 2012                             |
| <input type="checkbox"/> #7 | Reflections on Eucharist (pgs. 14-19)<br><i>Advent-</i> p. 16; <i>Christmas-</i> p. 17<br><i>Lent-</i> p. 18; <i>Easter-</i> p. 19 | February, 2012<br>May, 2012             |

## ***BAPTISM***

In the sacrament of Baptism, the Church welcomes children and adults into the faith community. In infant Baptism, the priest or deacon asks the parents, "What do you ask of God's Church for your child?" The response to this is "faith," "baptism," "entrance into the community of faith."

The gift of faith comes to you from God through the Church and the community of believers, your family and the parish family. The gift of faith must be accepted if it is to be truly a gift for you. At Baptism, your parents and godparents accepted this gift in your name. They promised to nurture you in the faith of the Church and help you to understand this gift by their lived example, so that one day you would be able to accept it yourself.

The sacrament of Baptism is the first step of our Faith Journey. It is probably one of the most important steps of that journey.

***1. Ask your parents to write a letter to you*** stating how they will continue their promise, made at your baptism, to help you grow in faith and in love of God. (***Attach it to the next page***)

***2. Ask your parents about your Baptism and answer these question..***

*a. Why did they want to baptize you? What were their hopes and dreams for you in faith?*

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*b. Who are your godparents?*

*c. Why did they choose those two people as your godparents?*

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## **SERVICE / MINISTRY PROJECT**

The Sacrament of Confirmation is our call to serve the Church and community just as Jesus served the people around him. Jesus' whole life was an example of service to others. I am among you as one who serves (Luke 22:27) He said. When we help others, we are following Jesus' example and are *living out the Sacramental Commitment of our Initiation into the church - Baptism, Confirmation and Eucharist.*

In preparation for the reception of the Sacrament of Confirmation each candidate is asked to assist in planning and participate in *service/ministry projects.*

The service / ministry projects can be planned from a variety of activities from our parish community, local community or from a personal experience ***and must be done during the time you work with this workbook. You may not use projects you did in previous years.***

The following are suggestions for planning this activity:

- **RELIGIOUS EDUCATION**

- \* be a catechist's aide in the 1-5 program Tuesday, Wednesday or Thursday (4:15 to 5:30)
- \* help with office work as needed

- **OTHER PARISH ACTIVITIES**

- \* You may come up with your own ideas or join in those planned by the various ministries of the parish, for example:
  - + Parish Social Ministry
  - + Blood Drives
  - + Hospitality on Sunday mornings

- **HOME**

- \* Babysitting
- \* Home maintenance projects assigned by parents

- **LOCAL COMMUNITY**

- \* Boy / Girl Scouts
  - Are you involved in community service projects connected with scouting?
- \* School Clubs (Key, Leaders, etc.): Service projects
  - Are there clubs you belong to through the school you are attending, or the local community, that do service projects for or in the local community?
- \* Neighbors who may need help
  - Do you know of an elderly person who would be in need of assistance?
  - You could help them by doing shopping, yard work, reading, writing or spending time with them.

***Each candidate must decide how this project will be done.*** Upon completion of the project, write a reflection describing what the community service / ministry project was about, how this project helped you to become a stronger Catholic Christian and how it strengthened your commitment to following the example of Jesus.



## ***REFLECTIONS ON THE CELEBRATION OF EUCHARIST***

The Sunday Mass is the gathering of the faithful to pray and give praise to God. During the liturgy we hear the Word of God proclaimed; the Celebrant (priest) or deacon shares his thoughts on the Word so that we may take the Word with us as we leave the Church. One way for us to truly live out the Word of God is to spend time reflecting on what these words mean to us.

***Each candidate, with the help of his / her parent(s), must write a reflection on the Gospel and homily for four (4) Sunday Masses during the year:***

- ***Mass during Advent***
- ***Mass during the Christmas Season***
- ***Mass during Lent***
- ***Mass during the Easter Season***

***There are designated pages in this workbook for your reflection.***

Suggestions on how to write these papers:

- Bring a pad of paper with you to church and write down some thoughts or words you hear in the Gospel and homily. ***Please do not bring your workbook to Mass.***
- Write down the Scripture reference (e.g. Luke 5:1-5) of the Gospel so you can refer back to it when you are writing your paper.
- Discuss what you heard and wrote down on the way home in the car, asking everyone to participate.
- Ask yourself and your family what the Scripture and homily has to do with your life today.
- When you get home, write your reflection in your workbook while it is fresh in your mind.

**Remember, this is a reflection paper; what you write is what you *feel* the Scripture is saying to YOU at this moment in your life's journey.**

# ***SAMPLE: SUNDAY MASS REFLECTION***

Date: January 6, 0000 Epiphany Time: 9:30 Mass

Celebrant (Priest's Name): Father Tom

Gospel Evangelist: Matthew Citation (Chapter & verse): 2:1-11

## ***Brief Summary of the Gospel:***

The Magi come searching for the King of the Jews. They followed a star and found Jesus in the city of Bethlehem. They offered Him gifts of gold, frankincense and myrrh.

## ***Reflection on what the Gospel means for you.***

### ***How does it challenge you and your lifestyle?***

It makes me ask the question of how faithful I am in following / searching for Jesus in my own life.

The Kings come to Jesus through a star whose light lead them. How do I come to Jesus, what leads me to Him? Parents, Church, friends, nature? What are the signs that direct me to Jesus and allow me to proclaim Him the King, the Lord and truth of my life?

The Gospel also makes me ask- what are the gifts that I offer to Jesus? How willing am I to offer them to Jesus or to other people? I guess my gift is my time with family, especially when I help out at home. Also my being respectful of other people, especially if they are different from me.

Most importantly it is to be like the Kings and listen to how God calls me to come to Him, to follow Him. So I know that it is important to make sure I pray every day and go to Mass.









# BASICS

♥ *The Candidate is required to know this material by heart!*

## OUR FATHER

## ACT OF CONTRITION

## HAIL MARY

## APOSTLES' CREED

## SEVEN SACRAMENTS

## THE TEN COMMANDMENTS

## HOLY WEEK

Palm Sunday	Jesus enters Jerusalem
Spy Wednesday	Judas Iscariot makes arrangements to betray Jesus for 30 pieces of silver.
Holy Thursday	Jesus celebrates the Last Supper with the twelve apostles
Good Friday	Jesus is tried and condemned to die upon the cross by the Roman Governor, Pontius Pilate. INRI is the charge: Jesus of Nazareth, King of the Jews
Holy Saturday	Jesus is in the tomb
Easter Sunday	Jesus Rises from the dead
Ascension Thursday	40 days after Easter, day Jesus ascended into heaven
Pentecost	50 days after Easter, the sending of the Holy Spirit upon the Apostles as Jesus had promised.

## **THE TWO 'SECTIONS' of the BIBLE**

Old Testament: Hebrew Scriptures & New Testament: Christian Scriptures

**The Old Testament** is the story of God's Covenant with His people (Jewish). The key event for the Jewish people, which revealed God's love for them, is the **EXODUS** from their slavery in Egypt. In this story we find the Passover, the Red Sea, the giving of the Ten Commandments, Moses and the promise of a Land flowing with milk and honey, which was to be their own- The Promised Land.

**The Old Testament** books are a collection of Myths (stories as in Genesis 1-11), Poetry, Psalms, Historical books (as in Chronicles, Samuel, Kings), Proverbs, Prophetic books (as in Isaiah, Jeremiah) and apocalyptic books (as in Daniel).

**The New Testament** is the story of God dwelling in the flesh, Jesus and the final action of God to reconcile humanity to Himself through Jesus' Life, Death and Resurrection (The Paschal Mystery).

**The New Testament** books are a collection of Gospels (Matthew, Mark, Luke and John), Epistles (letters written by St. Paul to various Christian communities), Historical (Acts of the Apostles) and Apocalyptic (Revelation) writings.